



Glossary

Allergy: An allergy is a reaction to a foreign substance in which antibodies are produced. Common side effects include runny nose, red eyes and rashes.

Ascorbic acid: Ascorbic acid is one of the active forms of Vitamin C.

Aspartame: This is the generic name for a non-caloric artificial sweetener that is sold under trade names such as NutraSweet and Equal.

Body Mass Index (BMI): BMI is a screening tool that uses weight in relation to height to determine a person's risk of obesity.

Bran: The bran is the fiber-rich part of a grain. Bran makes up about 14.5 percent of the kernel weight. Bran is included in whole-wheat flour and can also be purchased separately. The bran contains protein, large quantities of the three major B-vitamins (thiamin, riboflavin and niacin), trace minerals and dietary fiber.

Calorie: A calorie is the measurement for energy in foods.

Carbohydrates: Carbohydrates are compounds composed of single sugars. They provide energy for the body.

Child and Adult Care Food Program

(CACFP): The Child and Adult Care Food Program (CACFP) is a USDA program which provides reimbursement and USDA-donated foods to day care centers, family day care homes, Head Start centers, and adult day care centers so that nutritious meals can be provided to participants.

Child Nutrition (CN) Label: A CN label states a product's contribution to the meal pattern

requirements. CN labels are available for meat/meat alternates and fruit juices that contain greater than 50% real fruit juice. For more information, see the section on food labeling in this manual.

Cholesterol: Cholesterol is manufactured by the body for a variety of purposes. Cholesterol is found only in animal foods, such as meat and cheese.

Combination food: Any single serving of food that contains two or more of the required meal components is considered a combination food. For more information on crediting combination foods, see the sections in this book on recipe evaluation, food labeling, and crediting foods.

Complex carbohydrates: Complex carbohydrates are long chains of sugars arranged as starch or fiber.

Component: A food grouped in a certain food category according to the CACFP Meal Pattern. Milk component, meat/meat alternate component, fruit/vegetable component and the grains/breads component are examples.

Diabetes: Diabetes is a disorder in which the body is unable to produce or respond to insulin. See the section in this manual on nutrition for more information.

Empty calorie food: This is a popular term describing foods that have only minimal nutrient value and many calories.

Emulsifiers: Emulsifiers are chemicals that attract both fats and oils and help mix fats and oils. Emulsifiers include lecithin (an egg yolk protein), monoglycerides, diglycerides, and propylene glycol esters.



Endosperm: The endosperm is the bulk of the edible starchy part of a grain. Endosperm makes up 83 percent of the kernel weight and is the source of white flour. The endosperm contains the greatest share of protein, carbohydrate and iron as well as B-vitamins.

Enrichment: Enrichment refers to the addition of nutrients to a food. The term may specifically indicate that thiamin, riboflavin, niacin and iron were added to refined grains or bread products.

Enzymes: Enzymes are made of proteins and are catalysts for many chemical reactions in the body.

Fat: Fat is a storage form of energy. See the sections in this manual on nutrition, recipe and menu modification and food labeling for more information.

Fiber: Fiber is the non-nutrient component of foods that aids in digestion and helps prevent constipation.

Food and Nutrition Service (FNS): The Food and Nutrition Service is the Federal administering agency for the Child and Adult Care Food Program. It is a division of the United States Department of Agriculture. The FNS develops regulations, policies and publications and provides supervision necessary to administer the CACFP.

Food Buying Guide: The *Food Buying Guide for Child Nutrition Programs* is the principle tool used to determine the contribution foods make toward the meal pattern requirements. The guide gives average yield information for over 600 creditable food items. The Food Buying Guide is most helpful to schools and some child care centers that prepare meals for a large number of children since the food yield data is given primarily for quantities of 100 servings.

Food poisoning: Food poisoning is the illness transmitted to humans through a poisonous substance in food.

Fortification: Fortification refers to the addition of nutrients to a food, often not originally present, and/or added in amounts greater than might be found there naturally.

Germ: The germ is the nutrient-rich inner part of a grain. It makes up about 2.5 percent of the kernel weight. The germ is the embryo or sprouting section of the seed. It is often separated from flour during milling because the fat content (10%) limits flour's shelf-life. The germ contains protein, B-vitamins and trace minerals. Germ can be purchased separately and is part of whole-wheat flour.

Glucose: Glucose is a single sugar used in both plants and animals as a quick energy source. Glucose is known as blood sugar.

High density lipoprotein (HDL): HDLs return cholesterol from storage places to the liver for dismantling and disposal.

Home canned foods: For safety, home canned foods are not allowed in meals reimbursed under the CACFP. The dangerous organism, *Clostridium botulinum*, that produces the deadly botulinum toxin can grow in home canned foods. An amount of the botulinum toxin as tiny as a single crystal of salt has the potential to kill several people within an hour, and survivors can still suffer the effects months or even years later. Even when there is no evidence of spoilage, the toxin may be present.

Imitation: Imitation foods are processed foods that resemble ordinary foods, but are lower in essential nutrient(s), including protein.

Infant cereal: Infant cereal is cereal specially formulated for and generally recognized as cereal for infants. It is routinely mixed with formula or milk before serving to infants.

Infant formula: Iron fortified infant formula is intended for dietary use as a sole source of food for normal, healthy infants. It is served in a liquid state at the manufacturer's recommended dilution.



Insulin: Insulin is a hormone secreted by the pancreas in response to high blood glucose levels; it assists cells in drawing glucose from the blood.

Lactase: Lactase is an enzyme that splits lactose into digestible parts.

Lactose: Lactose is a disaccharide composed of glucose and galactose. Lactose is known as "milk sugar."

Lactose intolerance: Lactose intolerance is the inability to digest lactose, due to a lack of the enzyme, lactase.

Leavening agents: Leavening agents are added to bread and grain products to make them light in texture and full in volume. Examples include yeast and baking powder.

Legumes: Legumes are plants of the bean and pea family that are rich in protein and fiber.

Lipid: Lipids are the family of compounds that include triglycerides (fats and oils), phospholipids and sterols.

Lipoprotein: Lipoprotein are clusters of lipids that serve as transport vehicles for lipids in the blood and lymph.

Low density lipoprotein (LDL): LDLs transport lipids from the liver to other tissues (fat and muscle).

Monosaccharide: A monosaccharide is a single unit of sugar.

Nutrients: Nutrients are components of food that help nourish the body. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Obesity: Obesity is the condition of having too much body fat. Body weight is usually 20% or more above desirable levels. Many health problems are associated with obesity.

Oils: Oils are lipids that are liquid at room temperature. Oils are unsaturated fats.

Osteoporosis: Osteoporosis is known as "adult bone loss." It is a disease in which bones become porous and brittle.

Overweight: Overweight is usually defined as body weight 10% to 20% above desirable levels.

Pasteurization: Pasteurization is the treatment of milk with heat, sufficient to kill certain disease-causing microbes.

Product specification sheet (sometimes called a product analysis sheet): This is a product information sheet obtained from the manufacturer detailing the ingredients by weight or by percentage weight of the product. It must have an original signature of a company official. For more information on product specification sheets and crediting commercially prepared combination foods, see the section on food labeling.

Proteins: Proteins are energy-yielding nutrients made of amino acids.

Recommended Dietary Allowance (RDA): RDAs are the nutrient intakes suggested by the Food and Nutrition Board (FNB) of the National Academy of Sciences/National Research Council for the maintenance of health in people in the U.S.

Refined grains: Refined grains have the coarse parts of the kernel removed. They are often enriched.

Roughage: Roughage is the rough part of foods that is indigestible. It aids in digestion and preventing constipation.

Serving size or portion: The portion size is described by the weight, measure or number of pieces or slices. The serving sizes specified in the meal patterns must be provided to meet the meal pattern requirements.



Standards of identity: Standards of Identity are U.S. government standards for content, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity specify ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat and poultry products are developed by the Department of Agriculture. For other food products, standards are set by the U.S. Food and Drug Administration (FDA).

Starch: Starch is a plant polysaccharide composed of glucose. Starch is found in breads, potatoes, and pasta products.

Tofu: Tofu is a curd made from soybeans, rich in protein and calcium. Tofu is used in many Asian and vegetarian dishes in place of meat.

Vegetable Protein Products (VPP): Vegetable protein products are food components which may be used to substitute, in part, for meat, poultry, or seafood in some cases. Contact your State Agency or sponsor for more information.

Very low density lipoprotein (VLDL): VLDLs are made in the intestine and liver and transport lipids to other body organs.

Whole grain flours and cereals: Products made from whole grains containing the bran, germ and endosperm of the whole kernel of grain.

